

Figure 1. Schematic representation of the experimental design. The subjects were divided into two groups: control group (CG) and intervention group (IG). The CG received no intervention, while the IG received a 6-week intervention program. The outcome measures were measured at baseline (T0), post-intervention (T1), and follow-up (T2).

The specification has been amended to correct a clerical error. No new matter is believed to have been added. An action on the merits and allowance of claims is solicited.

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8-31-2001IN THE SPECIFICATION

--A 100 mm long and 15 mm wide specimen was cut out of the bulky sheet along the direction perpendicular to the fiber orientation direction. The length of the specimen L_a (mm) in the longitudinal direction thereof was measured. Then, a weight weighing 500 g was put on the entire area of the specimen. After 5 minutes later, the weight was removed and the length of the specimen L_b (mm) in the longitudinal direction thereof was again measured. The bending ratio (%) is calculated from $(L_b - L_a)/L_a \times 100$. In case where the specimen contains a network sheet, in particular a net shown in Fig. 1, L_a and L_b are desirably measured as follows. A 100mm long along the direction perpendicular to the fiber orientation and 100 mm wide specimen was cut out of the bulky sheet. The length of the specimen L_a (mm) in the longitudinal direction thereof was measured. Then the network sheet was cut by a cutter at the points between the intersection of the network sheet along the direction perpendicular to the fiber orientation (attention was paid so as not to cut the fibers). The specimen was then cut into a strip having 15 mm width along the fiber orientation. The weight was put on the strip [after the network sheet was cut], and then the measurement of the length L_b was carried out.--